



# Mishawaka Communicator



*Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.*

Dave Wood, Mayor

[www.mishawaka.in.gov](http://www.mishawaka.in.gov)

November 2016

## A Letter from Mayor Dave Wood



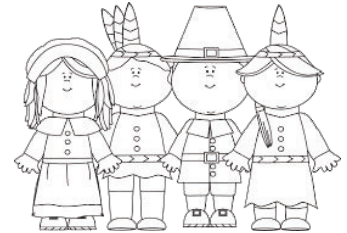
The month of November is traditionally known for the Thanksgiving holiday, but one of my favorite observances during the month of November is Veterans Day. Veterans Day falls on the 11th day of November each year and this City is committed to honoring and celebrating our veterans in a number of ways on this day and every day throughout the year.

This year, we have a lot to celebrate on Veterans Day including the construction of a new state-of-the-art VA hospital taking shape on the north side, and the recent completion of the beautiful new Veterans Memorial on the Center for Hospice campus along the Riverwalk.

One initiative that I am especially proud of will soon begin showing up on streets near you. Last April, I was approached by Councilman Ross Deal about an initiative that he has been admiring during his travels to California. He had noticed while visiting Anaheim that the city proudly displayed military veterans on banners along their city streets. Ross felt that this would be a wonderful way for the City of Mishawaka to honor its veterans and wondered if we might do something similar. It didn't take long for me to jump on board and we began working on a program.

A committee was formed to include Ross and several City department managers in order to explore the idea and decide if such a program would work in the City of Mishawaka. One important difference between California and Mishawaka is weather. Many California cities display the military banners year-round however this would not work in the City of Mishawaka. The first decision that

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### UPCOMING EVENTS!

Nov 11	Veterans Day (City Offices Closed)
Nov 24-25	Thanksgiving Holiday (City Offices Closed)
Dec 2	Santa's Arrival (Downtown 6pm)
Dec 9	Family Movies at Battell Center  "It's a Wonderful Life" - 1pm "A Christmas Story" - 7pm
Dec 13	Breakfast with Santa (Battell Center 9am)
Dec 16	WinterFest (Merrifield Complex 5-8pm)

### Christmas Holiday Schedule

The City will recognize the 2016 Christmas holidays on Friday, December 23rd and Monday, December 26th.

All City offices will be closed and will reopen on Tuesday, December 27th.

## Know Your Numbers

*Health Information from Saint Joseph Health System*

Reducing your risks of heart disease, stroke, cancer and other illnesses requires more than exercising and eating right. Knowing your numbers for cholesterol, BMI (body mass index), blood pressure and blood sugar will tell you and your provider more about your health and help you set exercise, diet and other goals to keep you healthy.

### Cholesterol

Your total cholesterol is determined from measuring low-density lipoprotein (LDL, often called "bad" cholesterol), high-density lipoprotein (HDL, often called "good" cholesterol) and triglycerides (a type of fat in your blood).

Cholesterol goals for adults:

- Total cholesterol — Less than 200 mg/dL
- LDL — Less than 100 mg/dL
- HDL — Greater than 40 mg/dL
- Triglycerides — Less than 150 mg/dL

### BMI

Your BMI estimates how much you should weigh based on your height, and is a good indicator for adult men and women, no matter your body frame size.

- BMI goal — 18.5-24.9

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### ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>

## A Letter from Mayor Dave Wood *(continued)*

the group came up with was to fly the banners from Memorial Day to Veterans Day each year to honor our Mishawaka Military Hometown Heroes.

The program also needed to be self-sustaining as the City of Mishawaka works with a limited budget and there would be no way to find money in the budget that could pay for this program. It was decided that the City would install the banners, but individuals requesting the banners would need to pay for them. Another possibility would be to have sponsorships from businesses and/or individuals that would pay for the banners. An application and payment process would be required.

Banner design and placement was another key issue. I believed that design had to be simple and patriotic so the committee worked with a local marketing firm and came up with a design that showcases these veterans. Several key corridors have been identified where the banners will be placed.

The program that our committee developed will be presented at the November 9th Common Council Meeting in the Council Chambers. Following is a brief outline of the program explaining how you or your Military Hometown Hero may be honored on a banner flying proudly in the City of Mishawaka:

This program was aptly named the Mishawaka Military Hometown Heroes and was created to honor and recognize military personnel (active, honorably discharged or deceased) that reside or have resided in the City of Mishawaka; those who call Mishawaka their hometown. The banners will be displayed from Memorial Day to Veterans Day and will be placed on street lampposts within our city. The banners will have the serviceperson's name and military branch displayed with their picture. Those military men and women who have died in the line of duty will be designated with a gold star. Those that were honorably discharged will display a blue star and all active duty members will have a white star. The City of Mishawaka will have the sole responsibility of hanging and removal of the banners. Upon removal, the banners will be returned to the persons who made the original application request.

More information concerning this program can be found on the City of Mishawaka website after November 9th. An example of the banners and further information will also be displayed in the downstairs showcase at City Hall or additional questions can be answered by calling my office.

Veterans are the backbone of our country and the City of Mishawaka; indeed, it is their sacrifice that has made all things possible in our City. We will not take their service for granted as long as I am here or this City stands. This program is but one small way that we can pay tribute to those who have served, and I'd like to thank Councilman Ross Deal for bringing this idea to the Princess City.



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## Know Your Numbers *(continued)*

### Blood pressure

Blood pressure readings are usually given as two numbers — a top number (systolic blood pressure) and a bottom number (diastolic blood pressure).

- Blood pressure goal — Systolic below 120 most of the time and diastolic below 80 most of the time.

### Blood sugar

Carbohydrates you eat are broken down into a sugar called glucose. Your doctor may suspect that you have diabetes if your blood sugar level is too high.

- Blood sugar goal — 70-100 milligrams per deciliter (mg/dL) fasting (taken after not eating for at least eight hours)

For more information about what your numbers are, and what they should be, talk to your primary care provider.

### **GOVERNMENT IN ACTION**

Four Mishawaka Utilities Water Division employees received the John N. Hurty Award for service in the waterworks industry during the fall Northwest District Meeting of the American Water Works Association. The meeting was held September 16, 2016 in Schererville, IN.

To be eligible, you must have 25 years of service and be nominated by your Superintendent. A certificate and pin are given for the first 25-year period, followed by a pin every 5 years afterwards.

Receiving 25-year awards were Brian Galletti and John Gibson. Receiving 30-year awards were Janice Winn and Mario Brioli.